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CLAIMS:

1. A manually operated pump comprising:

two cylindrical members with a first cylindrical member slidable within a second cylindrical member;

wherein one end of the first cylindrical member is provided with a fitting to receive a saddle;

wherein said second cylindrical member is provided with a foot stand assembly which comprises a foldable foot stand and a retractable air hose.

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- 2. The manually operated pump according to claim 1, wherein said pump is provided with a manually graspable member for operating the pump.
- 3. The manually operated pump according to claim 2, wherein the manually graspable member is a saddle.
 - 4. The manually operated pump according to claim 1, 2 or 3, wherein the two cylindrical members are latched together in a releasable manner.
- 5. The manually operated pump according to claim 4, wherein the latching is achieved by means of inter-engaging projection and recess on the foot stand and first cylindrical member.
- 6. A cycle comprising a tubular section receiving a seat post, the post being in the form of a pump according to any one of the preceding claims.